

Slow-Cooker "Corned Beef" & Cabbage

Source

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Description

This warming slow-cooker stew has all the flavors of corned beef and cabbage but with much less sodium, plus it's ready in half the time of traditional corned beef and cabbage. Rather than curing the beef in a salty brine for at least a day, we just throw the beef and veggies into a crock pot with pickling spice for that delicious briny flavor without the long soaking period.



Ingredients

- 2 1/2 pounds boneless beef chuck roast trimmed and cut into 1-inch cubes
- 2 tablespoons ground pickling spice
- 1 teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 1 medium onion chopped
- 4 cups low-sodium chicken broth
- 4 large carrots cut into 1-inch pieces (1 pound)
- 1 pound baby potatoes halved or quartered if large
- 1/2 small head green cabbage (1 pound) cored and cut into 1-inch pieces
- 2-3 teaspoons malt vinegar
- 8 tablespoons chopped fresh parsley divided
- 8 teaspoons whole-grain mustard divided

Directions

Toss beef with pickling spice and salt in a medium bowl until well coated. Heat oil in a large skillet over medium-high heat. Add the beef and onion; cook, stirring occasionally, until the meat is browned on all sides, 6 to 10 minutes. Add broth and bring to a simmer, stirring and scraping up any browned bits from the bottom of the pan, 4 to 5 minutes. Transfer to a 5-quart (or larger) slow cooker.

Stir carrots and potatoes into the beef. Cook on High for 3 hours or Low for 6 hours.

Nestle cabbage among the beef and vegetables, cover and cook until the beef and vegetables are tender, about 1 hour on High or 2 hours on Low. Stir in vinegar to taste. Garnish each serving with 1 tablespoon parsley and 1 teaspoon mustard.